



Glowing Transformation

One of San Francisco's most high-profile retreats since 1975, **Spa Radiance** unveiled a glistening revamp last month. Housed in a converted Victorian at the convergence of two of the city's most desirable shopping streets, Fillmore and Union, the spa interior maintains its charming period details but has a decidedly chic new look, outfitted in fresh shades of aqua and contemporary fixtures. The ambience is all plush relaxation, but the results-oriented treatments and well-qualified team (including two doctors, a nurse practitioner and three registered nurses) have garnered celebrity clientele over the years. The latest offering, a high-tech facial dubbed the Instant Natural Facelift, harnesses the power of LED lights and ultrasound waves.

3011 Fillmore St., 415.346.6281, sparadiance.com. Map 2, H2

Health Clubs

CLUB ONE—Provides free weights, state-of-the-art strength-training equipment, personal trainers, and group classes. Visitors welcome. Open daily. www.clubone.com. 2 Embarcadero Center, 415.788.1010. Map 1 E4; 950 California St., 415.834.1010. Map 1, C4; Union Square, 535 Mason St., 415.337.1010. Map 1, C5; 350 3rd St., 415.512.1010. Map 1, D4

CRUNCH—Its tagline—"No Judgments"—proves that all shapes and sizes are welcome at the growing number of San Francisco outposts of this very popular fitness chain. Check the website for locations and hours. www.crunch.com.

EQUINOX—Smack in the middle of the Financial District, this very upscale spa is located in the old Pacific Stock Exchange building, making for interesting surroundings to take in while you sweat. www.equinoxfitness.com. 301 Pine St., 415.593.4000. Map 1, E5

THE SPORTS CLUB/LA—Its home in the Four Seasons tells you all you need to know about this 100,000-square-foot luxury fitness center. www.thesportsclubla.com. 747 Market St., 415.633.3900. Map 1, D6

STUDIOMIX—An independent, 30,000-square-foot, state-of-the-art fitness and wellness club designed to energize and inspire results. Amenities include massage, steam and sauna, organic wi-fi cafe, personal training, three-story climbing wall and all-day classes including: cycling, boxing, yoga, TRX, Zumba and more. www.studiomix.com. 1000 Van Ness Ave., 415.926.6790. Map 2, 14

Spas & Salons

ARCHIMEDES BANYA—Bringing the best of bathing traditions from around the world to San Francisco, this new expansive communal bath and spa features an authentic Banya experience with saunas and pools. Indulge in Roman thermae baths, Turkish hamman steaming, Finnish sauna, Japanese sento and authentic Russian banya treatments.

Spa treatments include massages, facials, body wraps and scrubs. There is also a full-service café and bar on the top floor, a relaxation lounge and an outdoor deck with sweeping bay and city views. W-F noon-midnight, Sa-Sun 10 am-midnight, closed M-Tu. www.banyasf.com. 748 Innes Ave., 415.206.9000. Map 2, M9

BLISS—Rice-A-Roni may be the San Francisco treat, but facials, body treatments and massage are the San Fran-Bliss-co' treats. Pamper yourself at Bliss, the trendy and playful day spa in the W hotel. From fabulous facials to carrot and sesame body buffs to hot milk and almond pedicures, Bliss will make you feel as its name suggests. Offers full skincare, facial, body treatment, massage, waxing and nail care services. www.blissworld.com. 181 3rd St., 4th fl., 415.817.4100. Map 1, E6